



NEWSLETTER November 2024

THE QI-FIELD – A GREAT OPPORTUNITY

The most important thing we can offer is our qi-field. A strong qi-field can be decisive in achieving the results you seek. The qi-field is the hallmark of the Zhineng Qigong school. Together with a truly qualified and experienced teacher—a teacher with high "gungfu"—as well as the participants' experience and positive mindset, it provides you with the best foundation for success through Zhineng Qigong. Our qi-field has been cultivated over more than 30 years of practice in Sweden and the Nordic region, thanks to the efforts and contributions of all participants, combined with the skill and capacity of our lead teacher, Dongyue Su.

By learning how to use the qi-field, you can gain the most from it. You always benefit from the qi-field when you join our courses and online training. Give yourself the best possible chance for improved health, more energy, calmness, and harmony.

Can the qi-field really help? We have many examples of that from our courses, including the Summer Course and the 18-day online course held this past summer, as described in our course reports. These reports can offer insights and inspiration for our training. Another example is that a participant in this year's Autumn Course in Finland discovered upon returning home that a birthmark on their abdomen had disappeared. Over the previous months, it had grown large, itchy, irritated, and worrisome. But now, it was entirely gone, as if it had never existed.

By participating in our courses, you also benefit others—and thereby yourself. Returning participants can share their experiences with newcomers, providing support and guidance. At the same time, your own movements can be refined and corrected. All of this strengthens our qi-field, benefiting everyone. Feel free to recommend our courses to new participants or inquire with doctors, associations, or workplaces about the possibility of organizing a course or project with us.



Upcoming Courses

Stay updated on our courses via our website and register early when possible. You can sign up for the Summer Course training in Stockholm, January 2–6, and the Winter Course week 8 in Karlskoga. The Summer Course is scheduled for July 25 – August 3 at Hjälmared Folk High School near Alingsås. The 9–18-day online SOL begins after Midsummer.

Merry Christmas and a Happy New Year!



COURSES SPRING AND SUMMER 2025

Month	Date	Sweden	Finland	Norway	Online
January	2-6	Stockholm Summer Course Training			
	11-12				SOL
	18-19	Gothenburg SXQ		Bergen Bodø	
	25-26	Kalmar			WOL
February	1-2	Stockholm Gothenburg			
	8-9	Bollnäs		Trondheim	SOL
	15-23	Karlskoga SXQ och Winter Course			
March	1-2				SOL
	8-9	Katrineholm Ekerö			
	15-16		Turku		ECWQ
	22-23		Vasa SXQ	Trondheim LUQ2	
	29-30	Stockholm SXQ Ljungskile	Helsinki		
April	5-6	Gothenburg			SOL
	12-13		Vasa		
May	3-4				SOL
	10-11	Stockholm LUQ2 Lund			
	17-18	Gothenburg LUQ2			
	29/5-1/6	Gothenburg Tuina & Weituo Jin			
June	7-8				SOL
	14-16	Arvika			
	23/6-10/7				SOL
July	25/7-3/8	Alingsås Summer Course			
August	9-10				SOL
	23-24				WOL

THE COURSE TYPE IS HOLD QI UP IF NONE IS GIVEN

HQU 2 = Hold Qi Up 2

SXQ = Shenxin Qigong

XSZ = Xing Shen Zhuang

SOL = Summer Course Training Online WOL = Winter Course Training Online ECWQ = EasyCare Wellness Qigong

Usually a lecture is held before each weekend course. Check our web page under lectures or contact us

PLEASE NOTE THE FOLLOWING:

Persons with epilepsy or serious mental illness cannot join our courses. We reserve the right to reject persons who are not fit to participate in our courses.

For children under the age of 15 to join, a parent or other guardian is also required to join the course.

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